

Eating for Health for Viral Protection and Immune Support

Breakfast Suggestions

Organic oatmeal, 1-2 scoops Bauman Nutrition *Vital Scoop*TM

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Hot brown rice cereal w/cinnamon, green tea.

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8 oz. Organic plain yogurt with one Tbsp. Flax seeds, ½ c. berries, 2 Tbs. Nut butter

4-6 oz. cottage cheese with 1 Tbs. flax, organic fruit or raw nuts, green tea.

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2-3 poached organic omega-3 eggs or three egg omelet, ½ c. steamed or sauteed greens,
½ cup black beans.

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Vital ScoopTM **Immune shake** , 9 oz green tea, 1-2 scoops of VS, ½ c. berries, ½
avocado, 2 Tbs. Coconut flakes, can add 1-2 scrambled eggs or raw egg yolks

Lunch and Dinner Suggestions

Season sardines in water (green and white label), green salad.

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Halibut steak, grilled onions, green salad with lemon, herb olive oil dressing.

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Braised lamb, baked potato, green salad with lemon, herb oil dressing.

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Broiled red snapper, steamed broccoli, baked yams.

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Large mixed green salad w/ oil and lemon juice, small can of tuna, chopped yellow and
sweet red pepper.

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Flank steak or any meat, green beans with sliced almonds, green salad with dressing.

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Broiled mackerel, steamed broccoli, green beans or other vegetable.

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Beef, lentil and vegetable soup, (celery, carrots, onion, garlic, turmeric, cabbage).

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Chicken salad made with olive oil mayonnaise, roasted vegetables, spinach salad.

Snack Suggestions

Fresh coconut, roasted garlic or almonds on rice cake or celery, protein shakes with freshly
ground flaxseeds, brazil nuts or sesame seeds; an organic apple, pear, or grapes, sugar-free
yogurt, rice cakes with nut butter, 1 whole grain muffin with 1 tsp. No sugar added jam,
guacamole and fat-free chips, fresh or dried organic fruit of any kind, 2 oz. Cheese, lean
hormone free meat with mustard, hard boiled egg.

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Beverage Suggestions

Vital Scoop™ in green drinks: or fresh mixed green vegetable juice (low in carrot and fruit juice), coconut water, Green Magma or Green Kamut: (1 tsp. 1-3x day in water)

Herbal Teas

Green tea, Holy Basil, Chamomile, Lemon balm, Sage, Rosemary and or Thyme Tea

Drink at least 8 glasses of filtered water per day.

Avoid These Nutrition Bandits

Sugar, alcohol, processed and refined foods, hydrogenated oils, safflower, sunflower, corn oils, soft drinks, stress, jobs and people who are toxic to you

Possible Supplements

Best to Discuss with a Bauman Nutrition or

NANP Nutrition Professional (www.nanp.org) as people and needs vary greatly

Chinese Mushrooms: reishi, maitake, etc.	500 mg., 3 x day or 60 drops, 3 x day
Zinc	15-50 mg day
Vitamin A	Mycel A, 1-10 drops/day (not near pregnancy)
Selenium	400 mcg
Acidophilus and Bifidobacteria	2-6 capsules up to 1-3 Tbsp. of each
Taurine	1-3,000 mg
Vitamin C	1-20 grams (very individual)
Vitamin E	400-800 IUs
Carnitine	1,000-3,000 mg (½ hour before meals)
CoQ10	50-300 mg
Natural mixed carotenoids	50,000-100,000 IUs
Arginine	1-5 grams
B Complex	25-50 mg
N-Acetyl-Cysteine	500-2,000 mg
Glutamine	1-10 g
Magnesium	400-600 mg in divided doses
GLA 240 mg	1-2 per day
Curcumin from Turmeric	300-1500 mg
Chlorella and/or Spirulina	1-2 tablespoons per day
Thymus Polypeptide Extract	2-3 per day
Echinacea	1-3 cups of tea, or 1-3 ml per day
Astragalus	1-3 ml per day
Colloidal Silver	as directed whether spray or drops

Thanks to Crayhon Research for collaboration on recommendations (www.crayhonresearch.com)